

THE MORNING NEWS

Your Source for local news in English

Caya G.F. Betico Croes 111 T. 588-9517 F. 5889518.

Aruban leaders join expatriates of the Dominican Republic in celebration of 170 years of Independence



ORANJESTAD -- The Consul General of the Dominican Republic to Aruba, Senora Joseline Rosario de Rosa was proud to receive Aruba's Governor Fredis Refunjol and Prime Minister Mike Eman along with other local dignitaries for the formal observance of the 170th anniversary of independence of her homeland.

The formal ceremony was

conducted yesterday morning at the monument of General Juan Pablo Duarte Diaz, considered "The Father of D/R Independence," in downtown Oranjestad. Attending the ritual flag-raising were members of the Caribbean Volunteer Fire Fighters. Consul de Rosa and Prime Minister Eman addressed the gathering, both speaking of the kinship of the islands. The

consul noted the particularly warm reception Aruba has given to those who have immigrated here from her homeland, and the PM confirmed to the audience of the importance of integrating and accepting those who come to Aruba and enriched its cultural diversity.

One of those individuals is Ana Romana Campos Garcia, who was honored by Consul de Campo for her decades of promoting and maintaining Dominican folkloric culture among her compatriots on Aruba, keeping it alive through subsequent generations.

Floral wreaths were placed at the base of the monument by Consul de Rosa on behalf of the Dominican Republic, by Prime Minister Eman and Secretary of the Aruban Cabinet of Ministers, Nicole Hovertsz, representing the Aruban people, and by the President and



Secretary of Parliament, Marisol Lopez-Tromp, on behalf of the Parliament.

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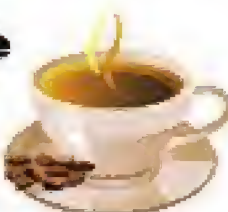
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Aruban leaders join expatriates of the Dominican Republic...

Continued from pg 1



Bouquets and wreaths were also offered from the Dominicana/Aruban Foundation, Liberacion Dominicana Seccional Aruba and Reaafro

Aruba Foundation, along with private citizen Carlos Duval Sierra.

Juan Pablo Duarte Diez, who died in July of 1876, was

a visionary and liberal thinker, who along with Francisco Del Rosario Sánchez and Matias Ramón Mella, is widely considered to be the architect of the Dominican Republic and its independence from Haitian rule in 1844. He assisted in creating the political-military organization La Trinitaria, to fight the Haitian occupation, achieve independence, and create a self-sufficient nation established on the liberal ideals of a democratic government.

Duarte was a factor in the organization and financing of the Dominican War of Independence, which ruined him financially. His radical views made him a controversial figure in his time, and he was exiled a number of times after founding the new nation. His liberal views conflicted with those of conservative elites who sought for heavy-handed control of the nation, determined to maintain the traditional regionalisms of the past. Duarte had strong disagreements with Pedro Santana in particular, who he saw as a tyrannical figure directly opposed to his ideals of liberty and independence. Ultimately, he would spend his last days and died in exile. He became a political martyr in the eyes of Dominicans through the generations.

The Dominican Republic, sharing the island of Hispaniola with Haiti, is today the most visited Caribbean vacation destination. It is particularly known for its geographical diversity, boasting the highest mountain peak in the Caribbean, Pico Duarte, as well as the largest lake and lowest elevation Lake Enriquillo.



Early Bird Menu

5:30 pm - 7:00 pm



Appetizers: Stuffed Avocado, Escargots Bourguignon, (choose one) Fruits of the Seven Seas, Choices of Soups

Entrees: Breaded Grouper topped with coconut shrimps served with rice and vegetables

Land & Sea
Chicken Breast, Steak & Shrimps with rice and vegetables

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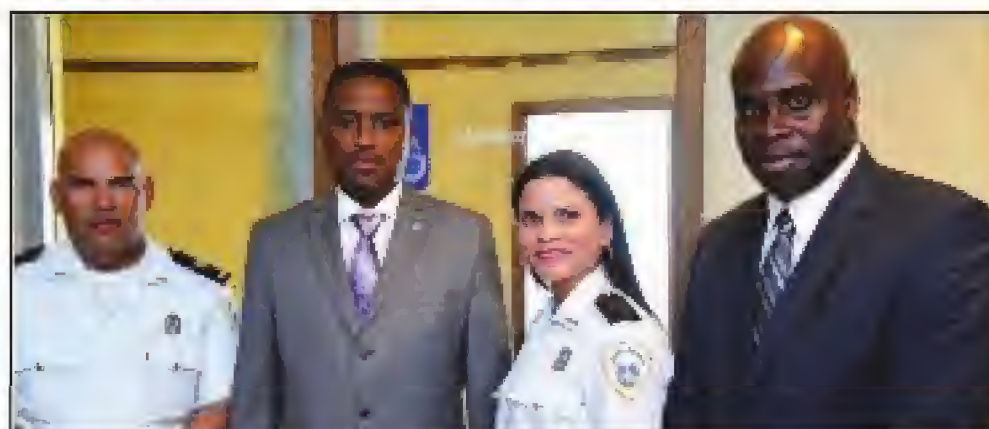
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Lilliana Croes is the new face of Aruba's Police Force



ORANJESTAD -- The Aruba Police Force is being transformed from being a semi military, straight laced and closed organization, to one that is open and transparent. An organization that is ready to submit information to the public, according to Chief of Police, Adolfo Delfi Richardson. These remarks by the Chief of Police were made during a brief event to welcome Lilliana Croes into the department of Communication, Information and Prevention.

This department has been in existence for a number of years and is the central point of contact for all information of the Police Force which goes to the public. Because of the growing desire of the public to get more information and to get this quickly, the Force decided to make this one of their priorities.

They have provided police agents more support in this department. They have provided for professional support to be able to provide information con-

cerning the variety of the work of our agents on a daily basis.

Several months ago, the well known inspector, Edwin "Papito" Comenencia retired from the Force to enjoy his pension, making his function vacant. Lito Lacle assumed the function, but management decided to send another police to support the department. So doing, just recently, Lilliana Croes was welcomed as the new interim spokesperson for the Aruba Police Force, along with Lito Lacle and John Lamonie.

Lilliana Croes-Rasmijn entered the Police Force on June 2, 1998 and has ample experience as a uniformed Police agent. In the last few years she has gained much experience as a detective. She holds the rank of "Brigadier 1st Class," is married and has two young boys. She applied for the position to give her support to this department.

The Morning News congratulates Lilliana Croes and wish her much success in this new function!

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Eman Cabinet II submits government program 2013-2017



ORANJESTAD -- The Eman Cabinet II was pleased this past week to comply with the responsibility of the government to submit to Parliament their "Government Program." The program is the result of the input of all the Ministers and is based on the work projected for the coming four years.

According to the Prime Minister, the main focus of the government is to create a country that is sustainable in every sense. Sustainable socially where citizens can share in the profits of the country, the quality of life is improved for seniors, nurses, among others. They want a country where young people

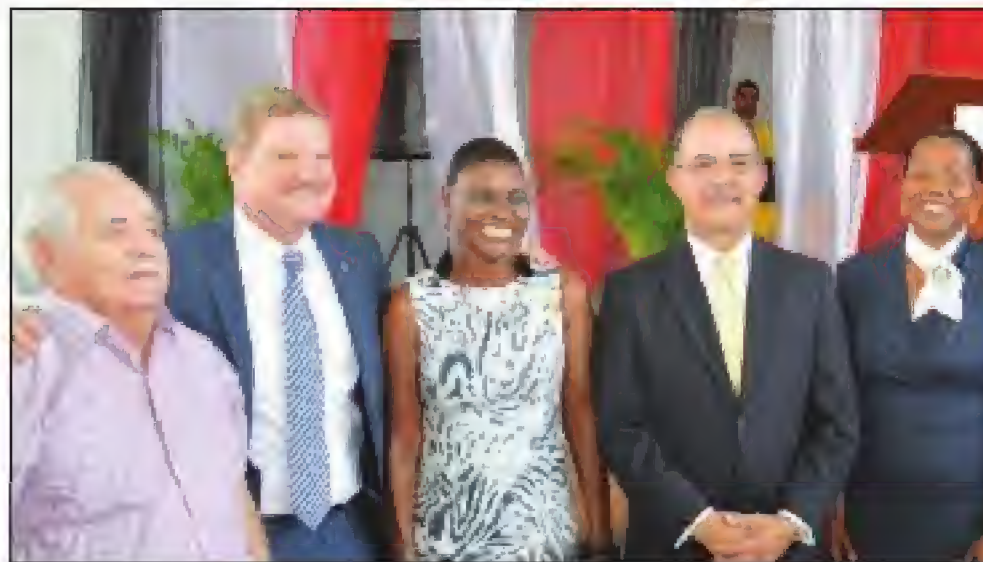
can progress and for sustainable public finances.

All Ministers are committed to keeping expenses down. Work is being done to begin paying off our debt. To accomplish this, according to Eman, will be very unique after 27 years of Apart Status.

The Prime Minister highlighted some of the many projects to be tackled as outlined in the Government's Program submitted to Parliament. The program, dubbed, "Unite, Build and Preserve," includes information on what to expect economically, financially, in the area of Justice, Education, Public Health, care of drug addicts, social work, etc.

The Eman Cabinet is totally committed, they say, to building on the foundation of a new infrastructure that would create and give Aruba a new positive name and a new reputation in the world.

FAVI celebrates 40th anniversary



ORANJESTAD --- Forty years ago a group of persons in the community discussed for quite some time and then decided they should provide care to those with limited or no vision.

These persons, volunteers, began the process for making their vision a reality. On the 21st of February 1974,

Stichting Blindenzorg (foundation for the care of the blind) was founded.

A board of 11 persons was formed. In 1975 the name of the foundation was adapted to Fundacion Arubano di esnan Visualmente Incapacita. (foundation for those visually impaired).

Continued on pg 5



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PAGA TINO warns island youth:

Beware of alcohol, its dangers and consequences



ORANJESTAD – Alcohol is the most used drug worldwide. It is a drug that kills people around the world. One of the reasons that alcohol is a legal substance is because it is easy to get and is sold almost everywhere, popularly used in most celebrations. During the carnival season, when excessive indulgence is rampant, FADA, the Aruba Foundation Against Drug Abuse, sends this message.

Pure alcohol is a transparent liquid, with no color and taste. It is produced by adding yeast to food that contains sugar, such as potatoes, grains and fruits. The yeast ferments the food and allows the sugar to turn to alcohol.

A few examples:

Grain is used to make beer
Grapes are used to make wine
Grain, sugar cane, potato and different fruits are used to make drinks with a high alcohol percentage

The negative effects of alcohol are felt less by a person who consumes it moderately than one who abuses alcohol. Alcohol abuse most often negatively impacts several aspects of a person's life

Social: Communication, activities, family, friends and work

Physical: Damage to the internal organs and general health

Mental: An emotional imbalance

A person who cannot live without consuming alcohol

daily is an alcoholic. A person addicted to alcohol becomes irritable, sweats and becomes dizzy, and experiences anxiety.

It is scientifically proven that the younger a person starts drinking alcohol, the greater the chance to become an alcoholic/alcohol addict.

Children whose parents are alcoholic are more prone to becoming an alcoholic as well.

Physicians are advising youngsters under the age of 18 against consuming alcohol, as the chance is great to experience alcohol intoxication, which can be lethal.

The symptoms are:

- Change in behavior, i.e. relaxed, irritable, glad, sentimental, aggressive,
- Coordination diminishes
- Face becomes red and the pupils of the eyes dilated.
- Nausea and vomiting
- Dull and/or not being actually present
- Imbalance of respiration and pulse.

The reaction of consuming alcohol depends on the amount

consumed, kind of alcohol, combinations and an individual's constitution.

Short term consequences:

- Heavy headaches, insomnia, nausea (hangover)
- Vomiting
- Becoming aggressive – alcohol makes a person intolerant, often accelerating the process of becoming belligerent and argumentative
- Affects common sense, self control, speech, hearing and coordination
- Loss of awareness (the individual forgets everything, falls down and wakes up at places, unaware how they got there)

- Gastritis, stomach burn, stomach ache
- Intoxication (in case of consuming too much alcohol).

Long term consequences:

- Heart attack
- High blood pressure
- Stroke
- Damage to the pancreas and liver
- Mouth, throat, breast, intestine and liver cancer
- Brain damage; alcohol works directly on the brain, which causes memory deterioration.

(Mostly the part that enables an individual to reason, plan and solve problems)

The consequences are worse for youth because they are still developing

- Death because of intoxication.

- Acquire Korsakoff syndrome: a neurological disorder

caused by a lack of vitamin B in the brain. Its onset is linked to chronic alcohol abuse and/or severe malnutrition

• Fetal alcohol syndrome: a pattern of mental and physical defects that can develop in a fetus in association with high levels of alcohol consumption during pregnancy.

• Impotency: men and women.

Tips

- Avoid drinking and driving
- If you are planning to consume alcohol, let someone else drive for you
- Avoid consuming alcohol in front of your children

• Always remember to set a good example

• Always remember that prevention starts at home

• Do not offer alcohol to invitees at children's parties

• In case of alcohol addiction, get professional help as soon as possible.

For more information, please contact FADA at tel.: 5832999 or 5839610, Fax: 5834501, fundacionantidroga.org or visit its Face Book page.

FADA is situated at Campanastraat 5, Dakota (Taramana).

PREVENTION IS EASIER THAN A CURE!

Carnaval Schedule

WED. FEB. 26

8:00 p.m. International Concert – Window to the World

Caribbean Night

THU. FEB. 27

8:00 p.m. Parada di Luz – San Nicolas

SAT. MARCH 1

Jouvert Morning - San Nicolas - 3 a.m.
San Nicolas Grand Carnaval Parade - 11 a.m.

SUN. MARCH - 2

Aruba's Grand Carnival Parade - Oranjestad - 10 am

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FAVI celebrates 40th anniversary



They wanted to remove the idea of care and wanted a name that could be easily abbreviated that would have meaning to the community and that would include everyone with limited vision and not only the blind.

After some changes in the Board, in 1980 the statutes of FAVI were adapted and a new Board installed.

Volunteers visited homes one by one in those days where people lived with vision problems. They were invited to come together and do handicrafts. Handicrafts was the first service/program of FAVI.

The service provided the means for people with similar difficulty to socialize and come out of their isolation. The objective back then was to get people with vision problems to integrate and get them into the community.

The 40th year celebration was honored with the presence of the Governor of Aruba, Mr. Freddy's Refunjol. Also present for the occasion were Prime Minister Eman and Minister Paul Croes.

A musical group of FAVI consisting of clients and employees opened the ceremony with the National Anthem of Aruba followed by FAVI's hymn.

To celebrate the 40th anniversary of FAVI, they held a religious service to thank God for His support during all the years and for His blessing for the coming years. The service was led by Pastor Jairo Maduro and Gilbert Martis with the singing of the Santa Filomena choir.

FAVI President, Joy Duinkerck Barry, gave an eloquent speech focused on the years ahead. Her words impressed Prime Minister Eman and all those present for which she received a standing ovation.

Following the impressive speech by the Prime Minister who praised all who contributed to the success of FAVI, they then served snacks and drinks to all present.

FAVI thanked the community and everyone for their support of the organization over these many years.

Aruba's Weather Update



WEATHER:

PARTLY CLOUDY TO MOSTLY SUNNY WITH CHANCE FOR A SHORT SHOWER.

MAXIMUM TEMPERATURE 32 CENTIGRADE / MINIMUM TEMPERATURE 26 CENTIGRADE.

SUNRISE 06:56 AM

SUNSET 06:49 PM.

WIND: MODERATE TO STRONG WINDS DIRECTION EAST AVERAGE 16 KTS GUSTING UP TO 26 KTS.

GENERAL SITUATION:

A SURFACE HIGH PRESSURE AREA OVER THE ATLANTIC OCEAN IS RESPONSIBLE FOR MODERATE TO STRONG WINDS.

AFTER FRIDAY THIS SYSTEM IS RELAXING A BIT CAUSING WINDS TO LOOSE SOME SPEED.

IN THE EARLY MORNING HOURS RAINCLOUDS MAY CROSS OUR AREA AND THUS CAN CAUSE A SHORT SHOWER.

SAHARAN DUST MAY REDUCE VISIBILITY A LITTLE.

MARINE CONDITIONS:

WAVE DIRECTION WILL BE EAST WITH WAVE-HEIGHTS BETWEEN 4 TO 6 FEET.

EXPECTATIONS FOR THE REMAINDER OF THE WEEK AND WEEKEND: WEATHER REMAINS PARTLY CLOUDY TO MOSTLY SUNNY.

IN THE EARLY MORNING HOURS THERE IS A CHANCE FOR A SHORT SHOWER.

ON SUNDAY-AFTERNOON THERE IS A SLIGHT CHANCE FOR SHORT RAIN SHOWER.

AFTER FRIDAY TRADE-WINDS WILL DROP A LITTLE.

TEMPERATURE WILL FLUCTUATE AROUND NORMAL.



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Dutch Catholic church has spent €3m on compensating abuse victims

THE NETHERLANDS -- The sexual abuse scandal has so far cost the Dutch Catholic church over €8m in research costs and compensation payments to victims.

Most of the money has gone on the massive research project led by Wim Deetman into the scale of the problem.

The report, published in 2011, concluded at least 300 Roman Catholic priests and monks were involved in abusing children in their care between 1945 and 1985.

In total, €3m has been paid in compensation to victims, according to the Church's annual accounts and quoted by news agency ANP. It is the first time the church has published its annual accounts and the figures cover 2012, ANP says.

The report also shows the Church is in financial difficulty in the Netherlands and made a loss of €4.3m in 2012, partly due to declining income from individual churches.



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Venezuelan opposition spurns government crisis talks

CARACAS (AFP) - Venezuela's President Nicolas Maduro opened a national peace conference Wednesday after three weeks of sometimes deadly street protests, but most of the opposition stayed away, with one leader calling it a photo op.

Dueling demos of pro- and anti-government protesters took to the streets in a sign of the deep polarization of this oil-rich but economically and social troubled country, where three weeks of demonstrations have left 14 people dead.

As he opened the conference Maduro said "we cannot just sit by and wait for events to escalate."

The conference held at the presidential palace was attended by religious and business groups, intellectuals and governors mainly from the pro-government Chavismo movement named after the late populist leader Hugo Chavez.

Some opposition figures did show up. But the main umbrella opposition grouping known as MUD stayed away.

Maduro got an earful from the head of the business federation Fedecamaras, Jorge Roig.

"Mr. President, our country is not well. We Venezuelans are killing each other and that is not acceptable. As head of state you are the one mainly responsible for calming things down," Roig told the gathering.

The opposition's main leader Henrique Capriles did not attend, dismissing the talks as a government photo op.

Venezuela has been swept by student-led protests since February 4, posing the greatest challenge yet to Maduro's 11-month-old government.

Those who are on the streets say public anger over shortages of food and other basics, soaring inflation and rampant crime have served as kindling for these protests.

"Unless we all get out there and protest, we are not going to be able to get out of this really complicated situation," said university student Andres Contreras, out on a Caracas street.

Venezuelan authorities said Wednesday they had arrested five intelligence agents for suspected ties to killings during protests against Maduro's government.

On Monday, nine people were arrested in the same case including three SEBIN

intelligence service members, and the rest police.

"Why should we have to live like this?" demanded demonstrator Adriana Diaz, a 48-year-old lawyer banging on a cooking pot, one of the symbols of opposition defiance.

"The government should listen to people, and hang the economic system."

Maduro has responded to the street protests with force, arresting scores of demonstrators as well as a prominent opposition leader, Leopoldo Lopez.

- Sporadic clashes overnight -

Caracas was relatively peaceful Wednesday after a night of occasional clashes in the capital.

But the opposition and the government staged separate marches, in a vivid display of the polarization roiling a country with the world's largest oil reserves.

Several thousand women dressed in white marched through the city to a military barracks to demand "an end to the repression and violence by the security bodies."

"We know that it's the Cubans, an invading army, who are giving the orders," said a document the women brought to the barracks. "Don't let them." Communist Cuba is Venezuela's main political ally.

Russia pledges to respect Ukraine's unity: Kerry

WASHINGTON (AFP) - Russian Foreign Minister Sergei Lavrov told his US counterpart Thursday that Moscow "will respect the territorial integrity of Ukraine" but voiced concerns about the situation in southern Crimea, US Secretary of State John Kerry said.

The top US diplomat said the pledge came in an early morning phone call with his Russian opposite number, who insisted Moscow was not behind the storming of Crimean government buildings by dozens of armed pro-Kremlin gunmen.

"I asked specifically that Russia work with the United States and our friends and allies in order to support Ukraine to rebuild unity, security and a healthy economy," Kerry told reporters.

Lavrov reaffirmed President Vladimir Putin's state-

ment that Russia "will respect the territorial integrity of Ukraine," Kerry said after talks with German Foreign Minister Frank-Walter Steinmeier.

Lavrov also denied that Moscow had any hand in the takeover of the buildings in the Crimea, over which a Russian flag was hoisted Thursday.

"On the contrary they are concerned about it, they expressed their concern about it," Kerry said.

But he warned that Washington would be keeping a close eye on events following the ousting of Russian-backed president Viktor Yanukovich to ensure that Russia stays true to its word.

"Statements are statements, words are words," Kerry said, adding "we have all learnt that it is action and the follow on choices that make the ... difference."



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Legal 'pre-nups' plan for England

LONDON, (AFP) - Legally-binding pre-marriage agreements setting out the terms of a potential future divorce were recommended to the British government by their law reform advisors on Thursday. The Law Commission, which reviews English law and proposes changes, made the recommendation in its report entitled Matrimonial Property Needs and Agreements. Their draft bill would bring legally-recognised "qualifying nuptial agreements" into effect. Under the current law in England and Wales, couples can make pre- and post-nuptial agreements but they are not binding and there is no certainty they will be accepted by a court. Such agreements are becoming more commonplace, "but the courts will not always follow them and lawyers are therefore not able to give clear advice about their effect", said Professor Elizabeth Cooke, Law Commissioner for property, family and trust law.



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'Boko Haram attacks' kill 37, including at Christian college

KANO (AFP) - Suspected Boko Haram gunmen killed at least 37 people in three separate attacks in northeast Nigeria, including at a theological college, a local government official and residents said yesterday.

The coordinated attacks in Adamawa state late on Wednesday came just a day after Islamist militant fighters were blamed for killing 43 people, most of them students, as they slept at a boarding school in Yobe state.

The chairman of the Madagali local government area in Adamawa, Maina Ularamu, said "a large number of militants carried out three separate attacks on Shuwa and Kirchinga in my local government area and on Michika in neighbouring Michika (district)".

"The gunmen divided themselves into three groups and separately attacked the three locations," he told AFP.

He had earlier put the death toll in Shuwa, part of Madagali local government area, at 17.

But he later told AFP that eight more bodies were recovered in the village, including

three from a Christian college, confirming the account of a resident about the three burnt corpse found in the seminary bringing the death toll to 25.

In Shuwa, several buildings were burnt, including a Christian theological college and a section of a secondary school.

In Kirchinga, Samuel Garba said the gunmen were all dressed in military uniform -- a tactic frequently employed by the militant fighters in previous, similar attacks.

"The gunmen... killed eight people in our village and burnt many houses," he added.

"Four people have so far been confirmed dead in Michika," said Abdul Kassim, who lives in the village.

In a statement, the military confirmed the attacks on multiple communities in Adamawa but said that only one soldier and three civilians were killed. Troops repelling the raids also killed six suspected Islamists, according to the statement.

The military further claimed that the militants, "in desperation for money and food...looted and burnt banks

(and) shops", and were trying to escape across the Cameroon border.

The top military commander in Adamawa last week ordered that the state's border with Cameroon be sealed to block Boko Haram's purported escape routes.

Residents in Michika described earlier how people fled to the nearby foothills when the attackers arrived in four-wheeled drive trucks and on motorcycles.

The attack reportedly lasted for more than four hours. Various residents said four banks were razed, as well as hundreds of shops, a police station, government buildings and dozens of homes.

The top military commander in the state last week ordered the complete closure of the border with Cameroon in hope of blocking the movements of insurgents and weapons.

The ongoing military offensive has failed to crush the insurgency and nearly 300 people have been killed in a range of attacks already this year.

Cuban spy released from US prison

WASHINGTON (AFP) - One of the so-called "Cuban Five" -- intelligence agents convicted in a US spy case that made them heroes in Havana -- was released from prison yesterday and will be deported, officials said.

Fernando Gonzalez, the second member of the group to be released, walked out of a federal penitentiary in Safford, Arizona after serving more than 15 years of a 17 year and nine months sentence.

He was handed over to US immigration authorities pending his deportation to Cuba, prison spokesman Chris Burke told AFP.

Gonzalez was arrested in September 1998 along with four other Cuban intelligence agents for infiltrating the Key West Naval Air Station and Cuban exile groups in Miami. He was found guilty and sentenced in 2001 for not register-

ing as a foreign agent and for possessing false identity papers.

Cuba, which has acknowledged that the five were its agents but says they were spying on exiles, hails the five as national heroes and has made their release a top issue in its limited relations with Washington.

One of the five was convicted of conspiracy to commit murder for passing information to the Cuban government that allegedly led to the 1996 shoot-down of two aircraft belonging to an exile group, Brothers to the Rescue.

The first of the five to be released was Rene Gonzalez, who left prison after completing his sentence in October 2011. He has since returned to Cuba.

The other three are serving life sentences.



A Hindu Sadhu (holy man) poses for a photograph during the Maha Shivaratri festival at the Pashupatinath temple in Kathmandu yesterday. Hindus mark the festival by offering special prayers and fasting.



Francesco Schettino, (C) the captain of the Costa Concordia, speaks to reporters after going back on board the cruise liner at Giglio harbour on Thursday. Mr Schettino went back on board the cruise liner on Thursday for the first time since it sank with the loss of 32 lives just over two years ago, accompanying experts investigating the capsizing. Mr Schettino was taken to the wreck on board a small boat, two days after travelling back to Giglio. He denies the charges of manslaughter and abandoning ship, which could see him jailed for up to 20 years.



Relatives of Jimmy Vargas, a student who died during a recent protest, weep beside his coffin during his funeral in San Cristobal, 660km from Caracas. Five intelligence agents have been arrested for suspected ties to killings during protests against President Nicolas Maduro's government. Venezuela has been swept by student-led protests since February 4, posing the greatest challenge yet to Maduro's government just under a year since he took office

Important to eat healthy in preparation for Half Marathon

Athletes preparing for a Half Marathon are expected to not only train well, but also to eat healthy as part of their preparation regimen.



How to prepare adequately: One week before the race, give the muscles a lot of glucagon. This will increase your strength in the race and during resistance exercises. Glucagon is derived from the majority of meats and in the human body it is generally stored in the muscles and in the liver, after which it becomes a source of natural energy.

How to do this?

- 1 - Adjust/adapt your training;
- 2 - Moderately increase carbohydrate intake from 200 to 350 gram/day;
- 3 - Remember recharge with carbohydrate – NOT with fat!
- 4 Recharging the body with carbs, does not help an athlete to run faster; but it definitely

helps to maintain rhythm (pace) in the race before he tires

Did you know?

Every gram of carbohydrate is stored with 3 grams of water. Increasing more or less 5 pounds of weight during these days is a good sign that the athlete's body is recharging correctly and sufficiently with carbohydrates. The extra liquid in the body helps to retard whatever possibility for dehydration during the event.

The week before the race, the athlete should maintain himself sufficiently and well hydrated. Keep in mind the hot climate and burning sun which may be important factors.

Contents of Carbohydrates in certain snacks:

- Energy gel = 25g
- Energy bar = 30-45g
- 1 cup cereal cu 1.5 cups milk = 45g
- A large slice of Bagel = 50-60g
- 1 cup yogurt with cereal = 60 g
- Instant oatmeal with 1 cup of milk, cu 1 banana = 65 g
- 2 cups juice = 60-75g
- Banana and 4 fig newtons = 70g
- Bagel with 2 spoons of jam = 90g

Nutrition for the athlete's body, 1 day before the race:

- 1 - This is not the time for adventure;
- 2 - Drink lots of water during the day which will produce a lot of urine;
- 3 - Your last meal must be high in Carbohydrates, little fat and protein;
- 4 - Avoid beans, broccoli, cabbage, radish, onions, prune juice, grapes, foods and drinks with a lot of gas;
- 5 - Limit alcohol or better yet avoid all alcohol all together;
- 6 - Eat or drink a snack before bedtime and 'squeeze' in a few calories;

The athlete should practice before the race, on the days of the race of long distance:



1. Eat a light meal high in carbohydrates, low in fat and proteins, 1 to 4 hours before the start.

2. Avoid high fibers, such as bran cereal, fruits and vegetables or hard peels, because these can cause diarrhea or gas.

3. Avoid sugar substitutes such as aspartame and protein obtained in chewing gums, candy, diet soda, they can cause diarrhea.

4. Eat about 50 grams of carbohydrates before the start of the race

5. Eat a little fat makes the athlete satisfied, such as peanut butter, cheese. Eat them early as they take time to digest in the body

6. Eat 50 grams of carbs if your start time is less than 1 hour

7. Drink 2 cups of water 2 hours before exercise and another just before the race

Do you have a delicate stomach?

Try foods in liquid form, such as "Ensure" or some pureed drink before breakfast.

It will fill your stomach and not cause any problems. Eat this 2 hours before the race.

Your work is not finished yet:

Effects of tiredness and lack of Glucagon is cumulative. If an athlete uses up his reserves on a daily basis, this may require the athlete to stop all training after the race and take some down time for his body to recover. Eat 50m to 100 grams of carbs is very important. A meal rich in carbohydrates combined with a little protein has demonstrated to be great replenisher of reserves of glucagon a lot faster. For example, 500ml of milk and 1 chocolate.

Don't wait to get hungry, exercise reduces hunger. Remember to hydrate the body, drink at least 2 glasses of water for every pound of body weight that the body will lose. Eat a salt snack, among others, a tomato juice, crackers or some pretzels or popcorn. Drink a "sport drink" is effective against dehydration and to refuel the body.

It's Carnival Week-end; Beware of too much Sun

Getting through the summer and the Carnival season you will need sunscreen -- lots and lots of it.

What should you know about using sunscreen?

*Check the SPF for UVB protection. The SPF number indicates how well a sunscreen protects against ultraviolet B (UVB) rays. If you'd normally get a sunburn in 10 minutes, an SPF 15 extends that by 15 times. So you could last 150 minutes before burning. How high an SPF do you need? Puttgen recommends SPF 30 or higher.

*Look for water resistance. Keep in mind that these products are not water-proof. They will still wear off. But they will last longer than typical sunscreens.

Reapply regularly. A few dabs in the morning will not last the whole day. Follow the directions on the bottle for reapplying – especially after you've been sweating or in the water.

Still, sunscreen isn't enough. There are other precautions that you and your kids should take.

*Wear broad-brimmed hats. Don't forget to be a good model to your kids. If you keep your hat on, your kids might be more likely to do the same.

*Keep sunscreen and lip balms in your car, in your purse, everywhere. You never know when you'll need it.

*Cover up with clothing to protect exposed skin.

*You can still get too much sun on a cloudy or hazy day. UV rays are strong enough to burn your skin even on cloudy days.

*Wear sunglasses that protect against UVA and UVB rays to protect your eyes. Sun rays can also damage your eyes, potentially causing cataracts and vision loss as you age.

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--In a time when dining choices and critiques are based on value for your dollar, an old favorite, Le Petit Café, still offers one of the best values not only in price, but quality, quantity and ambiance.

Taking advantage of their Early Bird Special not only offers a great price for a delicious meal, but put you in the right place at the right time to enjoy Aruba's most spectacular dinner.

The Early Bird special offers a choice of a full sized chicken breast, a hefty portion of filet mignon or fresh grouper fillet accompanied by a well-stuffed baked potato, rice or french fries. There is a choice of soup or salad as a starter, and ice cream for dessert, all for a modest \$24.95; an unbeatable price for a great meal on Aruba!

Cooking your main course on the stone is a supremely healthy method of preparation, seasoned to perfection and using no fats or oils. Fish in particular is excellent; extremely moist and tasty. A thick cut of filet mignon usually requires cutting into smaller sections to cook fully, especially if your preference is medium-well to well done.

Le Petit Café is particularly well known for its "Land and Sea" specialty, filet mignon and lobster tail; a gourmet treat when served in their signature fashion. The restaurant also offers a diverse menu of pastas and tempting gourmet appetizers such as seafood crepes, crispy calamari, and escargot. For family members in the mood for something different there are several dishes to choose from, such as chicken parmesan, so a large family with different ideas of what they want for dinner can easily be accommodated.

We all know that breakfast is the most important meal of the day, and Le Petit Café has also long been famous for the best value for breakfast on Aruba. They still offer a full breakfast for \$9.99, another unbeatable value!

Le Petit Café located at Playa Linda Beach Resort in Palm Beach offers charming surroundings reminiscent of a European outdoor café. Surrounded by Old World gaslights and an abundance of flora, it provides a delightful and romantic setting.

Open from Monday thru Saturday and on Sunday's only for Dinner. telf-5864046.

All bets off as crowded Oscars race enters home straight

HOLLYWOOD (AFP) - The race for Oscars glory enters its week end in Hollywood and suspense is building, as one of the most crowded fields in decades battles for Academy Awards gold.

Three films -- historical drama "12 Years a Slave," space thriller "Gravity" and crime caper "American Hustle" -- are all frontrunners for the coveted best picture prize to be handed out on March 2.

In the acting categories, Cate Blanchett leads the pack for her turn in Woody Allen's "Blue Jasmine" while Matthew McConaughey is widely tipped for his portrayal of homophobic AIDS activist Ron Woodroof in "Dallas Buyers Club."

For supporting cast, Jared Leto's role as Woodroof's unlikely transsexual business partner has put him ahead of the field, while Lupita Nyong'o could take home a statuette for her big-screen debut in "12 Years a Slave."

But all bets are off for the big prize of the night, the winner of which will be announced at the end of the 86th Academy Awards ceremony hosted by US talk show host Ellen DeGeneres.

"One thing is confirmed for certain: There will be genuine suspense until the last envelope is opened," wrote Variety's Tim Gray after Britain's Baftas, the last major awards show before the season-climaxing Oscars.

Voting for the famous golden statuettes began on Valentine's Day, and the nearly 6,000 voting members of the Academy of Motion Picture Arts and Sciences have until Tuesday afternoon to cast their ballots.

That is when exhausted nominees can in theory sit back after their months-long marathon campaigns of media interviews, red carpet appearances and publicity spots,

which come to a frenzied peak for the 12 days of actual voting.

It has been a long awards season -- extended by the Winter Olympics in Sochi, which bumped the Oscars from February into March.

And it has also been one of the most grueling, partly due to the bumper crop of films vying for glory.

- Big field for best picture Nine films are up for best picture: "American Hustle," "Captain Phillips," "Dallas Buyers Club," "Gravity," "Her," "Nebraska," "Philomena," "12 Years A Slave" and Martin Scorsese's "The Wolf of Wall Street."

"12 Years a Slave," a harrowing true story of a black man sold into slavery, won the top prizes at the Golden Globes and the Baftas.

Its British director Steve McQueen would be the first black filmmaker to win the Oscar for best picture. And "Slave" star Chiwetel Ejiofor could yet pip McConaughey for best actor.

The film earned nine Oscar nods, including one for Michael Fassbender in the best supporting actor category for his searing turn as a sadistic slave owner.

Two other films share top honors for most nominations with 10 apiece -- "American Hustle" and Mexican director Alfonso Cuarón's "Gravity."

Cuarón is the frontrunner for

the best director prize, and his star Sandra Bullock earned high praise for her work in the 3D space drama, prompting some to suggest she could cause an upset in the best actress race.

Australian Blanchett remains the firm favorite in that category -- the revival of child sex abuse allegations against Allen seems to have had little impact on her chances -- despite a strong field also containing Bullock, Meryl Streep ("August: Osage County"), Judi Dench ("Philomena") and Amy Adams ("American Hustle").

The star-studded Oscars broadcast will include performances by Irish rockers U2 and a first Oscars turn by veteran Bette Midler.

It will be preceded by the usual fashion extravaganza on the red carpet, as Tinseltown's finest parade along Hollywood Boulevard and into the Dolby Theatre.

Legendary Hollywood kingpin Harvey Weinstein, behind recent Oscar winners "The King's Speech" and "The Artist," said the sheer number of good 2013 movies squeezed out others that would normally have made the cut.

He has thrown his considerable muscle behind moving Irish family drama "Philomena," after other Weinstein-backed films failed to make the best picture shortlist, including "August: Osage County" and "Lee Daniels' The Butler."

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Nokia, BlackBerry, Motorola search for lost glory

BARCELONA (AFP) - Once the mobile world's pioneers, Nokia, Motorola and BlackBerry are now the industry's sorry laggards, searching for lost glory.

As they struggle to get back in a game now lorded over by Samsung and Apple, however, analysts hold out little hope for them.

"All those historic handset makers like Nokia, Motorola and BlackBerry completely missed the boat when the smartphone arrived," said Bengt Nordstrom, head of the Swedish consultancy Northstream. "They missed the touch screen step."

Finland's Nokia, Canada's BlackBerry and the United States' Motorola; they all lost a lot of money in 2013.

Nokia's handset business, in the process of being taken over by Microsoft, reported losses of 780 million euros (\$1.07 billion) last year.

Motorola posted a loss of \$1.03 billion in the same period.

This month, Motorola's owner, Google, shed the business, selling it to rising Chinese smartphone manufacturer Lenovo for \$2.91 million.

BlackBerry, bought by Canada's Fairfax Financial Holdings, racked up a loss of \$5.4 billion in just the nine months to November 30.

"We are definitely here to compete and to win back some lost ground before the end of the year," BlackBerry's recently appointed chief executive John Chen told reporters at the February 24-27 World Mobile Congress in Barcelona, Spain.

- BlackBerry's budget Z2 -

BlackBerry showed off two devices -- the Q20 with its trademark physical keyboard and the budget-priced Z2 with a touchscreen aimed at the In-

donesian market -- to help it try to claw back market share.

The two BlackBerry smartphones were the first to be produced under a five-year partnership with Foxconn, the Taiwanese manufacturer that is also a key supplier to a major rival, Apple.

BlackBerry aims to target corporate customers.

"Our turnaround strategy is to focus on enterprise," Chen said. "We are always known as the number one in security."

Analysts were pessimistic about his chances.

"BlackBerry, that is a lost cause, I think," said Nordstrom.

Lawrence Lundy, analyst at Frost & Sullivan, agreed.

"They have tried so many things in past years and nothing has worked. I can't see BlackBerry maintaining a device presence much longer," Lundy added.

"They missed the touch input, they really believed in the keyboard even seeing the success of iPhone."

Nokia remains the world's second-largest handset manufacturer with 13.9 percent of the market in 2013, but that share is dwindling and it relies largely on traditional mobiles.

In the smartphone market, Nokia did not even rank among the top five last year.

At the industry fair this week, Nokia showed off a new range of Nokia X smartphones powered by a version of Google's Android operating system.

It was a surprise move because Android competes directly with Windows Phone, owned by Microsoft, which is wrapping up its Nokia takeover during this quarter.

Nokia France managing director Thierry Amarger said the manufacturer used the cheaper Android operating

system because it aims to sell the devices for less than 150 euros, targeting a fast-growing entry-level market for smartphones.

But Microsoft will determine the next move for Nokia's handsets.

"Nokia are in a fairly good position with Microsoft as their backer," said Nordstrom.

- Microsoft rebranding -

"For Microsoft, there will be a rebranding exercise and they will spend a lot of money on it but there is no evidence they will catch up with Apple and Samsung," he cautioned.

"When Nokia was a dominant player, it was twice as big as the third player. Today Samsung is eight-10 times bigger than the third player."

Nokia will be hampered, too, he said, by being tied to Microsoft's Windows Phone system, which is dwarfed by Android and Apple's iOS.

Motorola, however, may have a slightly brighter outlook after its takeover by China's Lenovo, said Julian Jett, analyst at research group Informa.

"That will change the dynamics of how Motorola operates," Jett said.

However, Motorola could struggle to innovate, he said, because Google had retained most of its patents and creative staff.

Motorola was the only one of the three strugglers not to launch a new product during the world's largest mobile fair.

Motorola is "pretty strong" in Latin America and in North America, where it remains the number-three manufacturer, said its product management director, Rick Osterloh.

Lenovo's scale and position in the PC business would give Motorola unprecedented access to technology, he said in Barcelona.

UK, US spies stored millions of Yahoo webcam images: report

LONDON (AFP) - Britain's communications spy agency GCHQ and the US National Security Agency (NSA) intercepted and stored images from webcams used by millions of Yahoo users, the Guardian newspaper reported on Thursday.

GCHQ files leaked by former NSA contractor Edward Snowden reportedly revealed how the Optic Nerve programme collected still images of webcam chats regardless of whether individual users were suspects or not.

In one six-month period in 2008, the British spy agency collected webcam imagery from more than 1.8 million Yahoo user accounts around the world, the Guardian said.

Yahoo, which was apparently chosen because its webcam system was known to be used by GCHQ targets, expressed outrage at the reported surveillance.

Leaked GCHQ documents from 2008 to 2010 explicitly refer to the surveillance programme, although the Guardian said later information suggests it was still active in 2012.

The data was used for experiments in automated facial recognition, as well as to mon-

itor existing GCHQ targets and discover new ones, the British paper said.

The programme reportedly saved one image every five minutes from a webcam user's feed, partly to comply with human rights legislation and partly to cut down the sheer amount of data being collected.

GCHQ analysts were able to search the metadata, such as location and length of webcam chat, and they could view the actual images where the username was similar to a surveillance target.

The data collected, which was available to NSA analysts through routine information sharing, contained a significant amount of sexual content, the newspaper added.

It cited one document as saying: "It would appear that a surprising number of people use webcam conversations to show intimate parts of their body to the other person."

In a statement to the Guardian, GCHQ said all of its work was "carried out in accordance with a strict legal and policy framework which ensures that our activities are authorised, necessary and proportionate".

Americans would give up TV before Internet: survey

WASHINGTON (AFP) - Americans have become so enamored of the Internet, they would more readily forgo television than online access, a survey showed Thursday. The Pew Research Center survey released ahead of the 25th anniversary of the World Wide Web found 53



percent of US Internet users would find it "very hard" to give up Web access, up from 38 percent in 2006. Even when counting those who don't go online, Pew said 46 percent of all adults would find it hard to give up the Internet. By contrast, Pew's survey showed 35 percent of all US adults television would be very hard to give up, compared with 44 percent in 2006. Women were more likely than men to be attached to the Internet, as were people with higher levels of income and education, Pew said in the report issued ahead of the March 12 anniversary. The cell phone comes in a close second to the Internet: 49 percent of mobile phone owners said it would be difficult to give up their handset, up from 43 percent in 2006. That amounts to 44 percent of all adults who say now that their cell phone would be very hard to live without. Meanwhile landline telephones are losing favor. The report found 90 percent of Internet users say the World Wide Web has been a good thing for them personally and only six percent say it has been a bad thing.

CBA monthly bulletin of December 2013 summary: MONEY SUPPLY DROPPED

ORANJESTAD -- The Centrale Bank van Aruba concludes in its monthly bulletin of December 2013 that money supply dropped by Afl. 102.7 million to Afl. 3,293.8 million, as a result of declines in both net domestic assets and net foreign assets (excluding revaluation differences of gold and foreign exchange holdings) of, respectively, Afl. 56.0 million and Afl. 46.7 million. The contraction in the domestic component of money supply was associated with an Afl. 71.4 million decrease in domestic credit, which was partially mitigated by an Afl. 15.4 million increase in non-credit related balance sheet items. Domestic credit shrank largely as a result of an Afl. 73.2 million decrease in the net claims of the banking sector on the public sector, stemming mostly from an Afl. 55.2 million rise in government deposits. Claims on the private sector grew by Afl. 1.8 million, attributed to increases in housing mortgages and consumer credit of, respectively, Afl. 3.0 million (+0.3 percent) and Afl. 1.2 million (+0.2 percent), which were partially offset by an Afl. 2.1 million (-0.2 percent) drop in commercial loans. The rise in non-credit

related balance sheet items was mostly associated with clearing transactions.

The Afl. 46.7 million fall in net foreign assets was caused mainly by payments for imports of goods, interest and dividends, and net transfers to foreign accounts of resident companies, which were largely mitigated by gross tourism receipts.

In December 2013, the consumer price index (CPI) rose by 0.1 percent, compared to the corresponding month in 2012. The factors causing this growth were recreation and culture, restaurants and hotels, beverages and tobacco products, and housing. Excluding the effect of food and energy (which partly impacts the housing and transport components), the core CPI grew by 0.2 percent, compared to December 2012. The 12-month average inflation rate was -2.4 percent in December 2013, compared to a year earlier. Excluding the energy and food components, the core CPI went up by 0.2 percent.

In December 2013, the number of stay-over visitors reached 100,290, which is 11.3 percent (+10,219 visitors) higher than in December 2012, owing to surges in visitors

from Latin America, North America and Europe of, respectively, 9,435 (+33.0 percent), 619 (+1.2 percent) and 365 (+5.5 percent). The growth in the Latin American market was attributed mostly to an increase in arrivals from Venezuela (+7,601 visitors or +34.2 percent). The expansion in the North American market resulted from a rise in the number of visitors from the United States (+1,433 visitors or +3.2 percent), which was partially offset by a decline in arrivals from Canada (-814 visitors or -12.2 percent). The modest growth in the European market was due predominantly to increases in arrivals from England (+81 visitors or +36.3 percent), Italy (+79 visitors or +30.7 percent) and Germany (+39 visitors or +14.2 percent). The number of cruise visitors fell slightly by 274 (-0.3 percent) in December 2013, compared to the same month of the previous year. The number of ship calls increased to 50 in December 2013, up from 49 in December 2012.

In December 2013, total government revenue amounted to Afl. 124.7 million, Afl. 27.1 million higher than the same month of the previous year. This growth was largely brought about by an increase in non-tax revenue of Afl. 24.4 million. The rise in non-tax revenue was mostly associated with dividend distributions. In addition, tax revenue expanded by Afl. 2.6 million, predominantly related to upturns in income tax (+Afl. 4.2 million), turnover tax (B.B.O.) (+Afl. 1.4 million), foreign exchange tax (+Afl. 0.9 million), revenue from excises on tobacco (+Afl. 0.7 million) and land tax (+Afl. 0.7 million). These increases were partly counterbalanced by drops in wage tax, motor vehicle fees, and import duties of, respectively, Afl. 5.2 million, Afl. 1.5 million and Afl. 0.8 million.

Switzerland says ready to freeze any Yanukovych funds

GENEVA (AFP) - Switzerland said yesterday it was prepared to freeze any funds Ukraine's ousted president Viktor Yanukovych might have in Swiss banks.

The Swiss government has decided "in principle to freeze any possible funds Mr Yanukovych may have in Switzerland", foreign ministry spokesman Pierre-Alain Eltschinger told AFP in an email.

Asked whether Yanukovych or his entourage would be blocked from receiving

visas to Switzerland, the foreign ministry spokesman would only say that "Switzerland is following very closely the situation in Ukraine."

Yanukovych, who is wanted for "mass murder" after three months of protests against his rule spilled into clashes that left nearly 100 dead, said in a statement yesterday he was still the Ukraine's head of state.

It is unclear whether Yanukovych himself has funds in Switzerland, but his son Olexander opened a branch of his Management Assets Company (MAKO) in Geneva in late 2011.

The 40-year-old dentist and businessman has amassed a personal fortune of around half a billion dollars (some 365 million euros) in the past three years alone, according to a report in the Swiss weekly L'Hebdo.

His Ukrainian conglomerate reportedly controls nearly half of that country's coal production, and around a third of its electricity production and distribution.



Current as of:	Currency	Buying rate banknotes	Buying Cheques	Selling Rate
02/27/2014	Code			
U.S.A.	USD	1.77	1.78	1.80
Dutch Antilles	ANG	98.00	100.00	100.20
Canada	CAD	1.58	1.60	1.62
Britain	GBP	2.90	2.95	3.01
Switzerland	CHF	199.89	200.61	201.41
Netherlands	EUR	241.02	243.22	245.66
Sweden	SEK	26.29	27.04	27.81
Denmark	DKK	31.64	32.36	33.16
Norway	NOK	28.43	29.15	29.95
Japan	JPY	173.21	174.79	176.55
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Japan investigates ailing Bitcoin exchange MtGox



TOKYO -- Japanese authorities are conducting a high-level investigation into the stricken Bitcoin exchange MtGox after it dramatically ceased trading earlier this week.

The Tokyo-based company, once the world's biggest exchange for bitcoin virtual currency, is under the spotlight following reports that an estimated 744,000 bitcoins (around £210m) may have been stolen over several years due to a security loophole.

A string of high-level financial regulatory bodies in Japan are currently investigating the situation at MtGox, an ex-

change with as many as a million account holders, following its controversial halting of trading on Tuesday, according to Yoshihide Suga, Japan's chief cabinet secretary.

"At this stage, the relevant financial authorities, the police, the Finance Ministry and others are gathering information on the case," he told reporters.

His comments came shortly after media reports emerged that MtGox had received a subpoena from federal prosecutors in New York, sparking further concerns about the future of the unregulated currency.

YESTERDAY'S Crossword Answer

S	A	P	S		A	R	E	S		A	B	S
S	H	I	M		R	A	K	E		B	E	A
T	A	T	E		C	H	E	C	K	E	R	S
				L	I	S			T	E	E	T
P	S	A	L	M		M	A	S	T			
I	A	N		S	A	Y	S		C	A	S	A
K	I	N	G	O	F	T	H	E	H	I	L	L
E	L	E		A	H	E	M		R	O	O	
				A	P	R	S		M	A	Y	B
W	H	I	R	L			P	A	N			
N	O	N	S	E	N	S	E		D	I	V	A
B	E	N		A	R	I	A		E	V	I	L
A	D	S		S	A	T	S		S	E	A	L



Photo depicts employees at a Heinz plant in Ontario, Canada. H.J. Heinz said yesterday it has signed a letter of intent to sell its Leamington plant to Highbury Canco, a Canadian firm. The company said it would close its plant in the southwestern Ontario community by late June, putting close to 800 full-time employees out of work.

COMICS

PICKLES



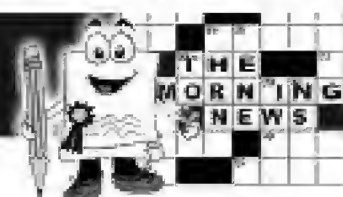
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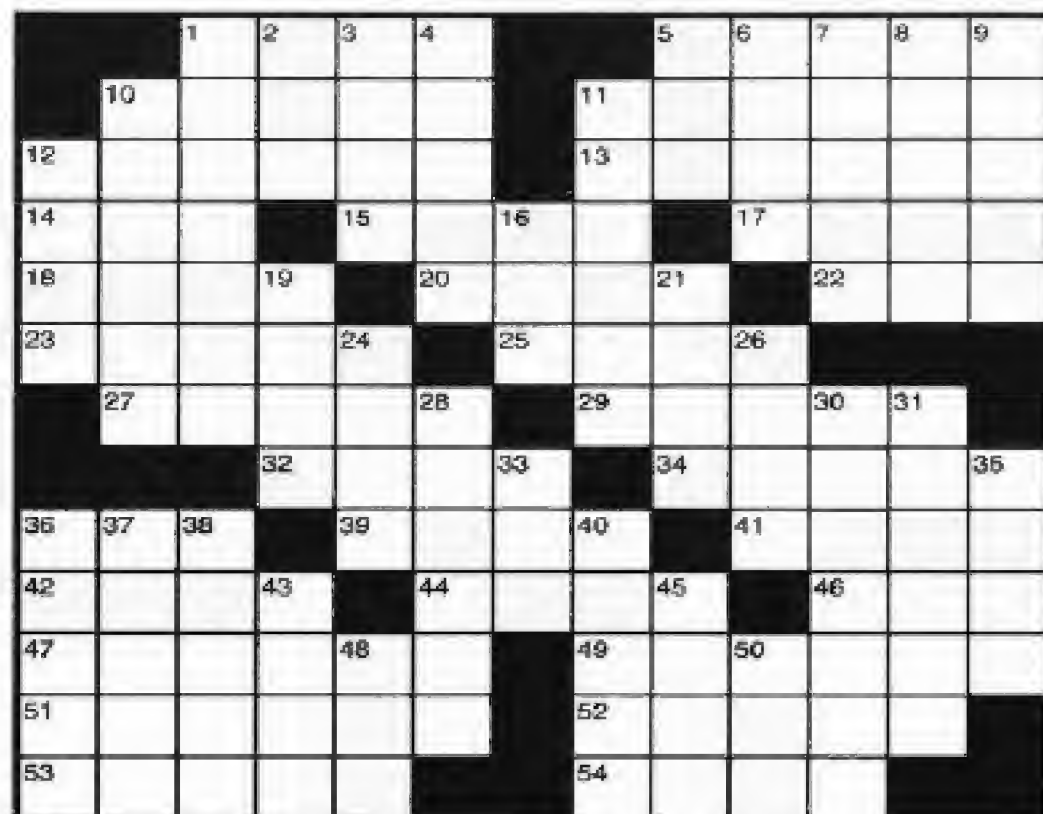
CALVIN and HOBBS



CROSSWORD



CROSSWORD



ACROSS

1. Welcome
5. Flat-topped hills
10. Large artery
11. Gray element
12. Ancient Mexicans
13. Hero or grinder
14. Actor Hunter
15. Brave one
17. 12 months
18. Cassini of fashion
20. Venture
22. Social Security no.
23. Hero's reward
25. Mass of ice
27. Donkeys
29. Last inning in a baseball game, often
32. Piggy bank's name in "Toy Story"
34. Gilbert and Teasdale
36. Droid download, perhaps
39. Sampras of tennis
41. Boo-hooded
42. Word on a champagne label
44. Senior citizens' org.
46. Clean air gp.
47. More lofty
49. John or Tex
51. Pacific and Indian
52. Tear-inducing vegetable
53. Lace up again
54. Slanted runway

DOWN

1. Sites of intense activity
2. "How ___ you?"
3. Skin irritation
4. Hologram creator
5. Cow's
6. On-line auction house
7. Judicious ones
8. Fake name
9. Severe
10. Spring shrub
11. Selected
12. Speck
16. ___ cage
19. Deep cut
21. ___ Kringle
24. Vault
26. Wear down teeth
28. Smudges
30. Nest location
31. Transpire
33. NYC transit org.
35. Heavenly body
36. Loathe
37. Cost
38. Sound of the Pacific
40. Blunder
43. Siamese
45. ___ colada (cocktail)
48. Compass dir.
50. Actor Robbins

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6. On-line auction house
7. Judicious ones
8. Fake name
9. Severe
10. Spring shrub
11. Selected
12. Speck
16. ___ cage
19. Deep cut
21. ___ Kringle
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35. Heavenly body
36. Loathe
37. Cost
38. Sound of the Pacific
40. Blunder
43. Siamese
45. ___ colada (cocktail)
48. Compass dir.
50. Actor Robbins

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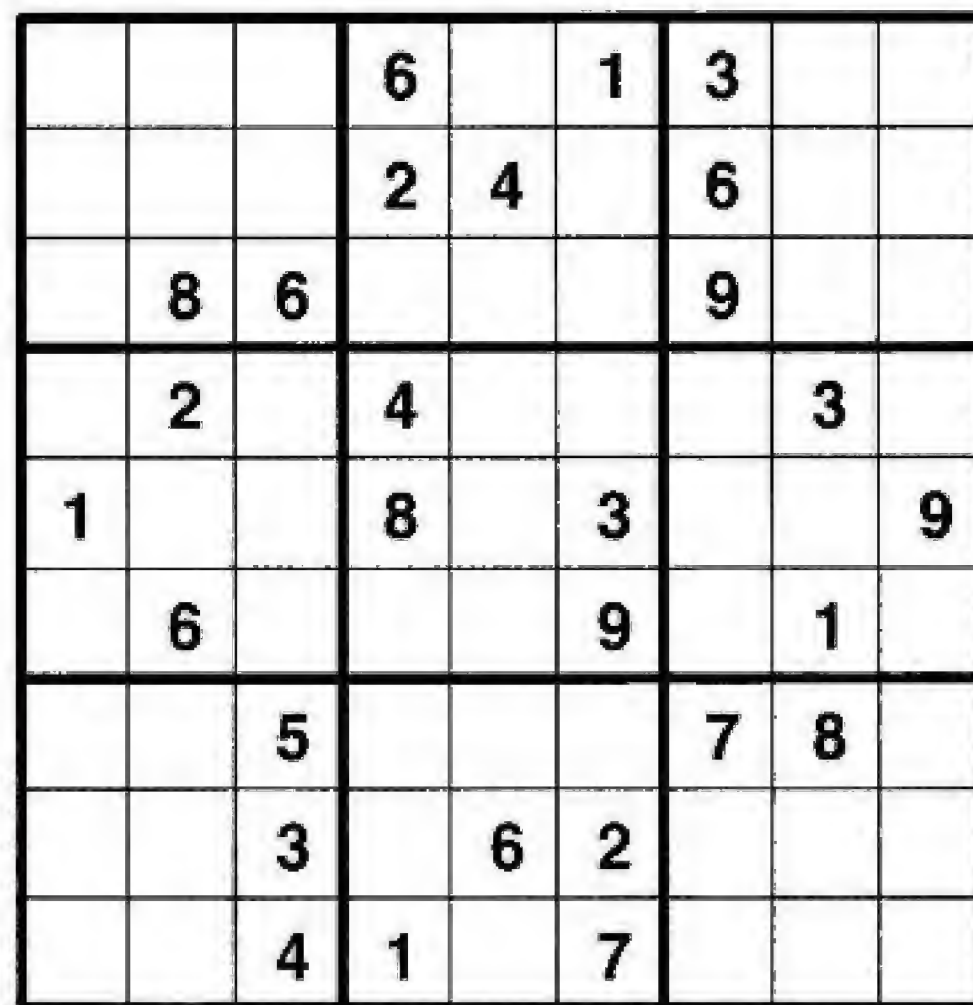
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Complete the grid so that every row and every column contains the numbers 1 through 9
A number is Never repeated in a row or column.
In addition every rectangle must contain the numbers 1 through 9

5 Burgers Aruba: Now your best breakfast bargain!



Delicious Breakfast

--A favorite stop for a great burger for lunch or dinner has just expanded their hours and menu to offer some of the best breakfast bargains to be found in Palm Beach. Owners Aaron and Rosie Walisever are living their dream: a home on para-

dise while welcoming all and sundry to their proud undertaking, 5 Burgers Aruba. The couple's fanatical dedication to giving their customers what they really want has resulted in a unique menu from an internationally known franchise with a "5", which now includes breakfast.

"You never get a second chance to make a first impression," believes Aaron. Upon entering 5 Burgers Aruba in The Village Mall in Palm Beach, one is struck by utterly spotless surroundings and a smiling, friendly, attentive service crew. Of course, the main item on the menu is burgers-the way they were meant to be, thick and juicy, made fresh daily and 100% pure beef, the kind that made the hamburger a traditional American treat.

However, beginning at

8am, patrons can now order 2 eggs any style (omelets with 3 fillings are \$7.99) and toast for a price of only \$4.99 or All You Can Eat Pancakes for \$6.99! A new plate called the "Home Run" comes with 2 eggs, bacon or sausage, 2 pancakes, toast & home fries - for only \$9.99! Best of all - unlimited coffee or tea - that is, refillable and never ending is only \$.79! Breakfast is served from 8am until noon. Famous for their fries made from fresh potatoes, Aaron has been working for months on devising the most irresistible home fries recipe, chunky and tender with skins still on; after much testing and tasting, he got the thumbs up from his harshest critic, Rosie, so this is another treat you have to try.

A glance at their burger menu will certainly tempt you to return for lunch or dinner, to sample their famous specialty items such as the Gouda, Farmer's or Man Burger (almost 12 ounces of choice

beef), and a Western Burger with Aarons' secret-recipe crispy onion rings. All of these can be personalized with an incredible array of toppings, (mushrooms, jala-peño peppers, bacon, cheese, lettuce, tomato... whatever, the list goes on) at absolutely no extra cost.

5 Burger portions are



ENORMOUS! Aaron suggests that even their small serving of fries is enough to be shared by two. He was very amused to

watch a famous French chef demonstrating the best way to make fried potatoes on a gourmet cooking show and could only comment "He stole my recipe!"

Try them the English way-with vinegar, and you'll wonder how you ever ate fries without it. This same 5-star chef also swears by Gouda as the best topping for the ideal gourmet cheeseburger.

5 Burgers is now open early until 10-ish Sunday-Thursday; and until 3am on Friday & Saturdays.

Delivery is available to most Hotels and most beaches! Enjoy a great lunch without ever leaving the beach by calling 586-3904. However, we suggest you stop by and enjoy their authentic, heartfelt hospitality; it is not unusual for either owner to sit and chat, sharing their knowledge of the island while making sure patrons are happy with their meal.

Gold Coast Aruba: This is the time to invest

-- Management of Gold Coast Aruba, the island's newest and most innovative gated community, reports that sales have been very good and encouraging as the global economy recovers and people looking to purchase vacation homes have found that Gold Coast is an outstanding investment value. Director of Sales, Fito Croes has noticed a surprising percentage of owners in reality do not spend a great amount of time personally to use the villas or town homes they purchase, but are taking advantage of Gold Coast's rental services to turn their investment into ready income.

"The greater portion of home owners are using their "home away from home" in Aruba to escape the winter months, or spend holidays with the family on the island," he remarked, "but I am gratified by how many are buying because they felt secure with real estate investment on Aruba. They really study the history and economy of the island and are impressed with the political stability and continually increasing value of prime locations. Gold Coast is in the heart of Malmok, considered Aruba's most exclusive community where the value of properties has only increased over time. It is only minutes to the best beaches and all the action, and yet offers a quiet and secluded getaway; we are very pleased by the response to our



concept."

Fito, with his sister Mayrin and brother Rudy operate Cas Bon, which has been constructing homes and building developments for all budgets for nearly twenty years. "Gold Coast Aruba is the jewel in our crown," observes Fito. "We were very excited about this project and the scope of actual and planned facilities and amenities. We have spoken to countless island visitors to find out what they would really want in a permanent residence on Aruba, and took from there."

Input from frequent vacationers who have dreamed of their own home in Aruba contributed to the realization of

Gold Coast Aruba which when complete will be a community of 260 town homes, villas and condominiums with a stunning clubhouse complemented by two additional community pool areas. The Clubhouse is about to start construction and will offer to the community homeowners and visitors 2 tennis courts, full service spa and fitness center as well as a stunning pool area, also house a restaurant and mini-market.

Owners who purchased upon the groundbreaking only a few short years ago, are already enjoying a nearly 50% appreciation on their investment, particularly those taking advantage of the on site management's rental services pro-

gram. There is always a great demand for Aruba and facilities such as those at Gold Coast, make it easy for some owners to see a valuable return on their investment.

The design of the residences and public areas is open, airy and spacious, taking full advantage of the island environment, with quality construction and finishing available. Partnering with two of Aruba's top providers of kitchens and bathrooms enables developers to offer custom options allowing buyers to individualize their homes. An elegant and chic furniture package is available or island designers will assist owners in finishing the décor to their spe-

cific tastes.

There are many aspects to purchasing property, not the least is the future value of the investment. To further enhance this, Gold Coast management have inaugurated a number of in-house services and have recently become affiliated Interval International, the world's largest network of vacation ownership properties which provides an unlimited international pool of investors to tap for ownership and rental prospects. Property exchange for a vacation in another destination is also available through the Interval International affiliation. Gold Coast's own rental services have also proven highly successful in assisting owners in renting their villas; 24-hour security and maintenance services also tip the scales when it is time to make a decision. Aside from all this, housekeeping, child care, catering services, car rental through its partnership with AVIS car rental are also available as well as pre-shopping services so cupboards and refrigerators are stocked upon arrival, which can also be arranged through their property management department. Personnel are also available to assist in arranging restaurant reservations and island activities.

Visit their website: www.goldcoastaruba.com for more details and availability or call 586-2200 to arrange a personal tour.

Football: Japan are no World Cup underdogs, says coach

TOKYO (AFP) - Japan coach Alberto Zaccheroni said Thursday his squad can match Colombia, Ivory Coast and Greece in their World Cup group, despite their underdog status in the global pecking order.

"I am confident we can go head-to-head with any of them if we perform to the best of our abilities," the Italian tactician said as he announced his squad for a friendly against New Zealand in Tokyo next Wednesday.

"About gaps with other teams in the group, I feel there are not so big gaps. I'd rather say there are none."

Zaccheroni called up the usual suspects for the 23-man squad including Keisuke Honda, who has yet to show a spark in AC Milan's midfield after moving from CSKA Moscow in January, and Manchester United's Shinji Kagawa who has mostly warmed the bench under David Moyes.

Inter Milan's Yuto Nagatomo is expected to play left back for Japan as usual.

But Schalke defender Atsuto Uchida and Nuremberg midfielder Makoto Hasebe were dropped due to injuries.

The Blue Samurai, four-time Asian champions, will play Cyprus at home on May 27 in their only other warm-up match before the World Cup months of June and July.

Zaccheroni said New Zealand, who failed to qualify for Brazil but impressed at South Africa 2010 with three draws at the group stage, are "ideal opponents" at this point.

"They are physically strong and it will be an important game in our preparations."

Japan's opponents in World Cup Group C are all ranked higher in the FIFA table. Colombia stand fifth against Greece (12), Ivory Coast (23) and Japan (50).

"It is not an easy group but it is well balanced," Zaccheroni said. "At the moment, Colombia seem somewhat ahead as they have wealth of talented players, many of them playing abroad."



"They are capable of mixing quality with accuracy and speed of play. I have the impression that they are a great team."

Ivory Coast have the potential to become "the eye of the storm", said Zaccheroni, who took over the Blue Samurai after they reached the last 16 at South Africa 2010.

He said the West African nation are accustomed to the hot weather they'll encounter in Brazil. "But they seem to have ups and downs at times."

"Greece are a difficult side to play," Zaccheroni said, explaining that the former European champions "play a kind of football which cancels out the strengths of opponents".

"They are highly accurate on the counterattack and they are united in defence," he said.

Zaccheroni believed Japan, known for their well organised play that they frequently fail to convert into goals, may not feel there is such a gap with group opponents "if we play our own brand of football".

Squad:

Goalkeepers: Eiji Kawashima (Standard Liege/BEL), Shusaku Nishikawa (Urawa Reds), Shuichi Gonda (FC Tokyo)

Defenders: Yuichi Komano (Jubilo Iwata), Yasuyuki Konno (Gamba Osaka), Masahiko Inoha (Jubilo Iwata), Yuto Nagatomo (Inter Milan/ITA), Masato Morishige (FC Tokyo), Maya Yoshida (Southampton/ENG), Hiroki Sakai (Hannover/GER), Goto Sakai (Stuttgart/GER)

Midfielders: Yasuhito Endo (Gamba Osaka), Toshihiro Aoyama (Sanfrecce Hiroshima), Hajime Hosogai (Hertha Berlin/GER), Keisuke Honda (AC Milan/ITA), Shinji Kagawa (Manchester United/ENG), Hiroshi Kiyotake (Nuremberg/GER), Man-

abu Saito (Yokohama Marinos), Hotaru Yamaguchi (Cerezo Osaka)

Forwards: Shinji Okazaki (Mainz/GER), Yoichiro Kakitani (Cerezo Osaka), Masato Kudo (Kashiwa Reysol), Yuya Osako (TSV 1860 Munich/GER)



Golf: Tiger struggles to one-over start at PGA National



PALM BEACH GARDENS (AFP) - Struggling to read greens and combine solid putting with accurate ball striking, world number one Tiger Woods opened with a one-over par 71 Thursday at the US PGA Honda Classic. The 38-year-old US star, a 14-time major winner chasing the all-time record 18 majors won by Jack Nicklaus, has now gone five consecutive rounds at PGA National without cracking par. "It was just one or the other, hit it good and miss the putt or scrap around and make a putt," Woods said. "It certainly wasn't together today." Woods, who has not won a major since the 2008 US Open, captured five titles last year but has not played well in two events this year, failing to finish the weekend at Torrey Pines and sharing 41st at Dubai. Starting on the back nine, Woods opened with eight pars before sinking a five-foot birdie putt at the 18th. But at the par-4 second, Woods found dirt left of the fairway, then punched into the rough and found a greenside bunker with his third shot on the way to a double bogey. Woods went up and down from a bunker at the par-5 fifth thanks to a five-foot birdie putt but missed a five footer for par at the fifth and a 10-foot par putt at the eighth for bogeys. A nine-foot birdie putt at the ninth brought a pleasing finish to a tough day when greens were slower than Woods expected. "I hit it good enough to shoot at least three or four lower than I did," Woods said. "I had so many looks that I just missed. I hit good putts but I didn't figure out the greens as well as I needed to. I need to read them a little better than I did." Woods, who lives nearby, shared second at the event in 2012 but could not break par in four rounds last year.



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NBA: Cavs stretch Thunder losing streak to three

OKLAHOMA CITY (AFP) - NBA All-Star Game Most Valuable Player Kyrie Irving scored 31 points to carry the Cleveland Cavaliers over Oklahoma City 114-104 Wednesday, stretching the Thunder's losing streak to three games.

Jarrett Jack added 21 points for the Cavaliers, while Spencer Hawes netted 19 points, Britain's Luol Deng scored 13 points and Canadian forward Tristan Thompson had 11 points and 10 rebounds.

Irving, who scored 14 points in the crucial fourth quarter, also had nine assists as Cleveland improved to 23-36.

"We're making progress in the right direction. It has been a tough season for us, but we are fighters," Irving said. "It

starts with me bringing it every single night."

The Cavaliers snapped a three-game losing streak but remain six games out of an Eastern Conference playoff berth.

NBA scoring leader Kevin Durant had 28 points, 10 rebounds and nine assists to lead the Thunder, who have yet to win since Russell Westbrook returned to the lineup from the injured list.

Oklahoma City, still with the best record in the Western Conference at 43-15, lost last week to reigning NBA champion Miami and also fell at home to the Los Angeles Clippers on Sunday before losing

to the Cavaliers.

The Thunder had not lost three home games in a row since March and April 2009, near the end of the team's first season after moving from Seattle.

Westbrook added 24 points for the Thunder, while Spanish big man Serge Ibaka contributed 16 points and 13 rebounds.

Oklahoma City led 76-72 entering the fourth quarter, but were outscored 42-28 over the last 12 minutes to fall.

The Thunder fell to 0-4 this season without Kendrick Perkins, the center who will miss the next six weeks after undergoing groin surgery.

Football: Brain trauma like NFL, boxing seen in football

NEW YORK (AFP) - A degenerative brain disease linked to repeated blows to the head has been found in a US semi-professional football player who died last April, the New York Times reported Thursday.

Researchers at Boston University and VA Boston Healthcare System who have diagnosed many cases of chronic traumatic encephalopathy (CTE) said 29-year-old Patrick Grange showed damage on a level usually found in American football players.

"He had very extensive frontal lobe damage," said neuropathologist Ann McKee, who examined Grange's brain.

"We have seen other athletes in their 20s with this level of pathology but they have usually been (American) football players."

Researchers also found severe CTE signs in the shrunken and deteriorated brain of a 77-year-old former rugby union player from Australia, Barry "Tizza" Taylor, although that was more expected given the collision-filled nature of the sport.

Grange's parents told the Times that their son took pride in his skills at heading the ball

before his death, which came as a result of amyotrophic lateral sclerosis (ALS), more commonly known in America as Lou Gehrig's Disease after the famed 1930s New York Yankees baseball star who died of the disease in 1941.

Repeated blows to the head in boxing and American football have caused damage similar to that found in Grange, but his repeated heading of the ball cannot conclusively be linked to his brain's condition, McKee said.

CTE has been diagnosed in boxers for many years, in American football players and ice hockey players more recently and last December for the first time in a baseball player.

Aussie Taylor played rugby for 19 years, including 235 games for Manly, but near the end of his life had severe memory loss.

Symptoms of CTE include depression, memory loss, progressive dementia and impulse control disorders.

The findings are part of an updated version of a 2012 documentary debuting Thursday in New York entitled "Head Games: The Global Concussion Crisis."

NBA: Contract buyout puts Granger up for grabs



PHILADELPHIA (AFP) - Danny Granger has agreed to contract buyout terms with the Philadelphia 76ers that would make the forward a possible wildcard for NBA clubs looking for talent ahead of the playoffs. The 30-year-old American forward, in the final year of a five-year deal worth \$60 million, was traded last week from Indiana, which boasts the NBA's best record, to the 76ers. With the buyout deal and no team likely to pick up his contract, Granger should become eligible to sign with a team for a lesser amount, giving him the chance to join a title contender. Reigning NBA champion Miami, San Antonio, San Antonio and the Los Angeles Clippers are among the clubs reportedly interested in Granger, the NBA's 2009 Most Improved Player who has battled knee injuries the past two seasons. Granger played in only five games last season and missed the first 25 games of the current campaign for Indiana with a calf strain before averaging 8.3 points and 3.6 rebounds in 29 games before the trade.

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Speedskating: American Perry gets nine-month doping ban

COLORADO SPRINGS (AFP) - Speedskater Brett Perry has received a nine-month doping suspension after a positive test for a banned substance at last December's Sochi Winter Olympic trials, the US Anti-Doping Agency announced Wednesday.

The 21-year-old tested positive last December 28 for the stimulant methylphenidate, a specified substance that can result in reduced sanctions, and will be eligible to compete again when the 2014-2015 season begins later this year.

Perry, who competed in long track and short track

events, was taking medication under a doctor's care and disclosed the information when his sample was collected but had not followed therapeutic use exemption guidelines prior to the competition.

The punishment wiped out Perry's personal-best efforts in the long track at 500, 1,000 and 1,500 meters and in the short-track 1,000m, set at the 2002 Salt Lake City Olympic speedskating oval near his Utah home.

Perry has said he plans to focus on long-track events with an eye to the 2018 Winter Olympics in Pyeongchang, South Korea.

Tennis: Federer, Djokovic to meet in Dubai semi-final blockbuster



DUBAI (AFP) - Grand Slam record-holder Roger Federer earned another showdown with defending champion Novak Djokovic by outplaying Lukas Rosol 6-2, 6-2 to reach the semi-finals of the Dubai Open on Thursday.

The mood of Federer's success against the Czech, who famously ousted Rafael Nadal at Wimbledon in 2012, was in sharp contrast with his desperate recovery from within sight of defeat against Radek Stepanek on Wednesday.

Federer did go 0-2 down at the beginning of Thursday's quarter-final, but hurtled through the next six games, striking the ball beautifully.

Federer was happy to go into the match with Djokovic in confident mood.

Federer leads Djokovic 16-15 in their head-to-head record, but has lost the last three.

"We've played each other everywhere and all the surfaces, you name it, so I think we know each other very well," said the Swiss.

Earlier Djokovic advanced to the semi-finals more quickly than he would have wished when his opponent, Mikhail Youzhny, was taken ill and withdrew.

The sixth-seeded Russian has twice reached the final in Dubai and might have provided a good test for the champion, and he would certainly have preferred to experience that.

Returning to the tour more than five weeks after the loss of his Australian Open title, Djokovic's greatest need is match practice.

Instead he approaches his encounter with Federer with little more than two hours court time altogether.

Tomas Berdych increased his chances of reaching the final for a second year in a row when he overcame Jo-Wilfried Tsonga and some painful sun-cream to post a resolutely-taken 6-4, 6-3 win.

The third-seeded Czech hit with solidity in the second set when confronted with four break points against him in the third game and one more in the seventh -- although his burning back seemed almost as great an obstacle.

Berdych, who has now won 14 of his last 15 matches, next has to survive a semi-final with Philipp Kohlschreiber, the seventh-seeded German, whose tidily aggressive performance ousted Malek Jaziri, the surprise survivor from Tunisia, by 6-2, 6-3.

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NFL: Bills, Giants to meet in pre-season opener

CANTON (AFP) - The New York Giants and Buffalo Bills will meet in the National Football League's pre-season opener after each team sends a former player into the American Football Hall of Fame.

The league announced Thursday that the Bills and Giants would meet in the Hall of Fame Game at Canton, Ohio, on August 3, a day after enshrinement ceremonies for seven inductees.

Receiver Andre Reed played 15 of his 16 seasons with the Bills from 1985-1999 while fellow honoree Michael Strahan spent his entire 15-season career as a defensive end with the Giants from



1993-2007. Both were named to the Pro Bowl seven times.

The Giants, who played in the first Hall of Fame Game in 1962, will make their fifth appearance at Canton but the first since 2002. It will be the fourth for the Bills, their most recent having been in 2009.

Others being inducted this year include punter Ray Guy, linebacker Derrick Brooks, defensive end Claude Humphrey, tackle Walter Jones and defensive back Aeneas Williams.

The 2014 NFL regular season is expected to open September 3 with a game involving the defending Super Bowl champion Seattle Seahawks.